

Are you helping me to sleep safe?

- ☐ Do you always put me to sleep on my back?
- ☐ Do I sleep alone in my crib?
- ☐ Is my sleep area free of pillows, stuffed toys and quilts?
- ☐ Do my sheets fit tightly on the mattress?
- ☐ Am I dressed so I will not get too hot?
- ☐ Is my room smoke-free?



Does my safe crib have the following:

- ✓ A firm, tight fitting mattress?
- ✓ No loose, missing or broken hardware or slats?
- ✓ No more than 2 1/8 inches between slats? (width of a soda can)
- ✓ No cutout designs in the headboard or footboard?

Please share this information with every person who takes care of me!

- ✓ My family
- ✓ Babysitters
- ✓ Day care workers
- ✓ Everybody

**Remember,
I am counting
on you to...**

**Always put me
on my back
with my eyes
to the sky.
(ojos al cielo)**

**For more information, call
PUBLIC HEALTH NURSING
Mt. Clemens (586) 469-5520
Warren (586) 573-2210
St. Clair Shores (586) 466-6800**



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**"When it's time for me to
hit the sack,
remember to put me on
my back!"**